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An Art to Packing

by Ruth Hendrix

"WAKE me half an hour early so that I can pack" is usually an accurate indication of just what condition, mental and physical, that person will be in when she scrambles to and from her train.

Not that it's necessary to pack weeks in advance—that is a sure way to forget your toothbrush—but one should allow several hours for it. An inventory of your needs simplifies this art considerably. First, if you are carrying several pieces of luggage, save the small bag for toilet accessories and overnight supplies that you will need while on the train. Little cases are ideal to hold your washcloth, soap and bobby pins. Toothbrushes that are soggy the next morning are the bug-bear of many an overnight traveler. Purchase a ventilated toothbrush holder if you want your teeth and gums to have their brisk massage the next morning. Giving your toothbrush the "air" is only its just due.

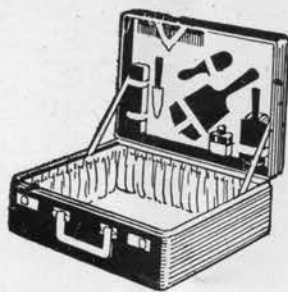
Shoes seem to present the major difficulty of packers. How many times do you have to rely on a cardboard box to transport the left-over shoes? If you put them in with an eye for efficiency you will be rewarded with a tightly packed suitcase whose contents won't bounce around. Try putting little things in spaces that they can fill. Cram small essentials inside your shoes and stuff your hats with light articles.

Fold everything carefully, for, although wrinkles are sure to follow, you can at least have the wrinkles in straight lines—which incidentally are the shortest, as you know from geometrical experience. Tissue paper between knits and other types of dresses sometimes saves pressing. But even this is not infallible. So if you wish to travel with the minimum of effort and the maximum of ease, you will be wise to select dresses which are prone to remain unmussed.

The clothes which wear best on trains are usually dark in color. Suits are smart if they hold their shape, but remember you will be doing a lot of sitting down. White collars and cuffs are lovely the first day on a train, but unless the train is air conditioned, you will feel anything but neat on the second day. Small prints and knits get a big vote for the best all around travel togery. And simplicity of outfit is the big consideration.

Our genial friend the porter will bring you anything within reason that your little heart desires. He is an alarm

clock that never fails and a friend in any need. Tipping the porter is absolutely essential. The minimum is 25 cents for every 12 hours enroute. Have your tip ready to give to the porter when he brushes you off at the end of the journey or when he helps you from the train. He has a lot of brushing to do at



major stops and the train won't wait while you fumble in your purse.

If you are changing stations, it's a big help to have some dimes and quarters in your coat pocket or placed handily in your purse so that you are ready to pay red-cap, porter, checkman, and taxi-driver. Red-caps have their own opin-

ions about people, too. Overtipping is foolish. Ten cents a bag is the general rule for red-caps. Seldom is it necessary to tip over 15 cents unless you have given him a lot of trouble getting you from one train and meeting you with your luggage in time for the next. Then a quarter is only fair, for he has missed some other good jobs in the time he has spent with you.

Dinner technique is governed by the same rules as our ordinary table habits when eating away from home. Wear your hat to dinner and usually luncheon unless you are on a lengthy trip where conditions become informal. Out of consideration for other passengers be prompt in ordering from the menu. A 10 percent tip is a safe rule for dining, with 10 cents as a minimum. If you are seated with strangers be sure that they are in a talkative mood if you take the initiative in starting a conversation.

If there is a radio in the club car you will probably observe that a sports program is tuned in. If you are not interested all you can do is wait for your favorite program. First come first served is the rule with the radio.

When magazines and letter writing lose their appeal, a sure cure for boredom is the complete renovation of your face. If you must carry a whole suitcase to the ladies' room, it is not necessary to cover every available space with the case and its contents. Refresh yourself with a facial just before you get off the train if you want your friends to say, "How well you look."

On Lemons and Things

SINCE lemons are bought for their juice, they should be chosen with that in mind. Buy them when they are heavy for their size, symmetrical, firm and rather smooth. The skins should have a fine texture.

Prime-quality root vegetables—beets, carrots, turnips and radishes—are not deformed. They are clean, bright and rather smooth. Good roots are not withered, flabby or pithy. A medium-sized vegetable is preferable for most purposes, for the large root often lacks flavor. Smoothly tapering roots denote quality carrots.

Do not be in any haste to remove your freshly baked cakes from the pans, is the advice of Miss Belle Lowe, foods and nutrition instructor at Iowa State College.

Place them on a wire rack to prevent steaming them in the pan, and allow them to cool until you can place your hand on the top comfortably; then remove the cake from the pan. Experi-

ments have proven that a finer, lighter crumb is obtained by allowing the cake to "set" and such a severe jolting as occurs when it is taken from the pans immediately is avoided.

Hollandaise sauce is both delicious and difficult. Sometimes a stubborn curd forms just before one is ready to add the lemon juice. We suggest a remedy. Place a tablespoon of hot water in a bowl and slowly add the sauce, beating constantly. In a few moments all signs of curdling disappear and the lemon juice can be added and a smooth velvety product produced.

Spice cake—men's favorite! Your cake must justify their liking.

To make it even better than usual and to have all the enticing, spicy odor and flavor possible, try creaming your spices with the fat instead of adding them with the flour. Spice flavorings are soluble in fat and, therefore, are better distributed and more tightly held in the cake when they are creamed with the fat.